

# Physical activity is important for overall health

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Physical activity is important for overall health and regular function.

Individuals with facioscapulohumeral muscular dystrophy (FSHD1) have a difficult time exercising due to pain caused by weakened muscles, and for muscles to strain. FSHD patients are often sedentary making it important for them to exercise. In this study, Andersen, Heje., Buch, & Vissing, J (2017) explore the concept of cycle training for patients with FSHD as well as High-Intensity Training (HIT) to see how maximum exertion would affect their health specifically oxygen levels and if muscle damage occurs. The criteria for patients who participated had been verified and diagnosed with FSHD and in between ages 18-70 years, all of them untrained. Patients were turned away if they were unable to cycle or other physical factors. Patients worked out three times a week with a stationary bike and to wear watches that recorded their pulse.

Andersen et al. (2017) chose to test with a running technique called the 10 20 30 concept but redesigned it for cycling. Twelve patients chosen to do the study, where half of the group performed eight weeks of HIT under supervision while the other group performed eight weeks of usual care. After completing the first portion, both groups performed another eight weeks of HIT on their own. The study found to be a success and it was safe for people with FSHD to engage in high-performance training and cycling. However, for the participants that were in usual care had no change in fitness, but the same patients found an increase in part two of the experiment.

Overall, the patients involved in HIT training increased muscle strength as well as function. HIT, as demonstrated in this study, could improve patients'

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maximum oxygen levels increase fitness as compared to healthy participants. Patients found there to be no extended pain and no further muscle damage occurred, out of all types of training, they have experienced they preferred HIT techniques. Muscular dystrophy (MD) is a group of neuromuscular disorder (Neuromuscular Disorder | Medline Plus. (n. d.)) where people lack dystrophin which is a protein that assists in functioning muscles. Muscular dystrophy involves muscles that deteriorate and weaken over time making it difficult for people to exercise and walk as well as simple everyday tasks (Muscular Dystrophy Canada.

(n. d.)). MD is broken down into several categories in order to help with proper diagnosis. In particular Facioscapulohumeral muscular dystrophy (FSHD) specifically affects the face, upper arms, and shoulder which can inhibit people from chewing and swallowing.

They have certain characteristics like; crooked mouth appearance, wing-like shoulder blades, and or slanted shoulders. People with FSHD generally live a longer life compared to other types of MD because it is a slower progression. In general, to be diagnosed there are several different ways such as; blood testing for enzymes and genetic markers, perform an electromyography test, and or perform a muscle biopsy (Muscular Dystrophy: Types, Symptoms, and Diagnosis.

(n. d.)). There is no treatment for any type of muscular dystrophy but there are therapies that can reduce pain and slow down the process of deterioration (Definition of Muscular dystrophy.

(n. d.)). All of the research is consistent although there is no treatment for muscular dystrophy, exercise is a safe therapy that can help patients. With the articles, they all state that patients when partaking in physical activity endure either less pain than they experience in everyday scenarios or around the same amount. Some articles discussed maximum oxygen levels and how exercise can help increase those levels, benefiting patient's health. While others discussed some strength regain in muscles further slowing the process of deterioration.

As seen, there are many options for different types of muscular dystrophy for those that are able to participate.